

ABSTRACT OF THE DISCLOSURE

A stand for weight training and storage includes a lower section having a plurality of bars affixed thereto and upon which weight-training plates having bores therethrough may be stored. The bars preferably extend horizontally from the vertical column, and are adapted for receiving plates having varying weights, e.g., weights that vary between 2.5 pounds and 25 pounds. In one embodiment, the lower section includes a horizontal base and a vertical column supported by the base. An upper section connected to the lower section has at least two arms that extend outwardly for support of dumbbell bars. The two arms are preferably opposing, and extend outwardly and upwardly at an angle of approximately 30 degrees from the horizon. The arms are connected at one of their ends to the vertical column adjacent the column's upper end. A dumbbell rack is connected to the other end of each arm for supporting dumbbell bars. A latch member secures dumbbell bars to each of the dumbbell racks.